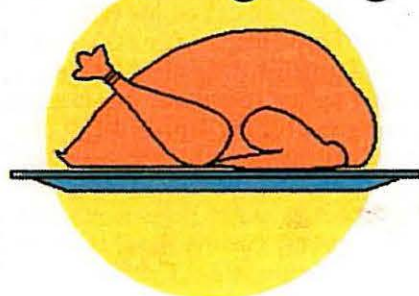
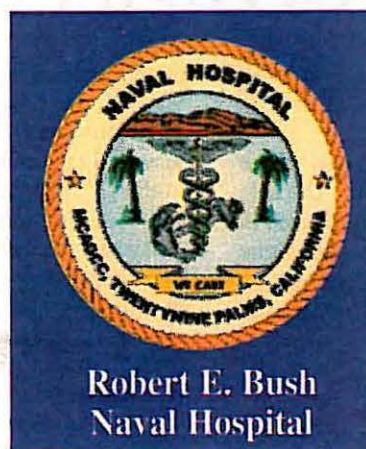


Happy Thanksgiving!



Check out holiday dining diet health tips see page 3. To prepare a healthy safe dinner on Thanksgiving, check out the article on page 6.



Robert E. Bush
Naval Hospital

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October Marked National Pharmacy Month

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Last month, the Robert E. Bush Naval Hospital, in conjunction with the nation marked National Pharmacy Month. The Naval Hospital is blessed by the fact that it has two highly qualified Pharmacists on board to provide expert advice to patients, staff and providers regarding pharmaceutical issues.

Those Pharmacists are Lieutenant Karen Hall, Pharmacy Department Head, and Lieutenant Andrew Romelhardt. Both Hall and Romelhardt possess Doctor of Pharmacy degrees.

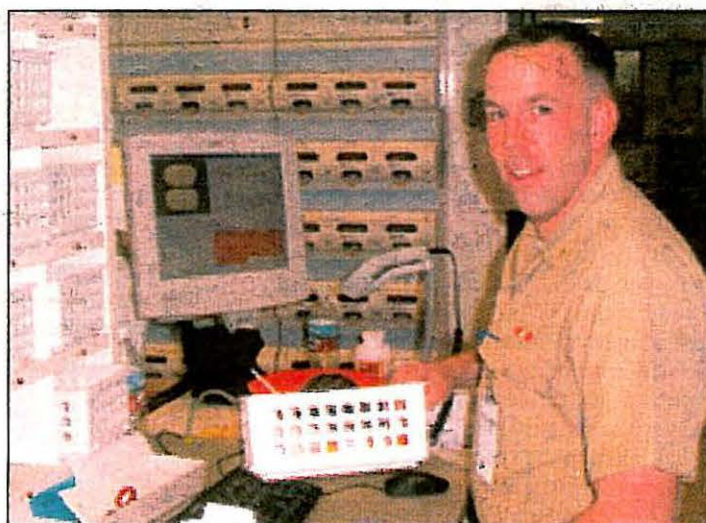
Miles of Memories Kicks Off with Marine Corps Marathon

With the starting gun of this year's Marine Corps Marathon near the Iwo Jima Memorial in Arlington, Virginia, at least one of the 17,000 runners will be running for someone other than himself.

Commander Jay Erickson, a Navy Family Physician stationed at Robert E. Bush Naval Hospital in Twentynine Palms, California, will commence 315 miles of marathon runs in memory of those from the Marine Corps Air Ground Combat Center (MCAGCC) who have died during Operation Iraqi Freedom (OIF).

A veteran of 15 marathons over the past 15 years, Erickson realized that it was time to use his running for something other than personal fitness. "While there are many programs designed to raise money for excellent charities including the Team in Training programs and others, my exposure to the surviving family members of Marines who have died during OIF led me to begin this journey," said Erickson. "As I read the lists of names in the paper and meet the wives and children of those who have fallen, my

Please see **MILES OF MEMORIES** on page 7



Lt. Andrew Romelhardt at work in the Robert E. Bush Naval Hospital's Pharmacy.

Hall, who hails from Meraux, Louisiana graduated from Andrew Jackson Fundamental Magnet High School in 1991, participated in her high school's Student Council and was a Cheerleader. Hall graduated high school a Valedictorian.

Hall earned her Bachelor of Science in Pharmacy from the University of Louisiana at Monroe (Cum Laude) in 1995, a Masters in Public Administration in 2000 before going on to Rutgers University where she earned her Doctor of Pharmacy in 2002.

While in college, Hall's activities included: Phi Mu Fraternity, Student Activities Board, and Student Government Association. Her college honors were Phi Kappa Phi Honor Society, Rho Chi Pharmaceutical Honor Society. Hall entered the Navy in 1993 through the Health Services Collegiate Program. "I thought it would be a good way to broaden my horizons and get some valu-

Please see **PHARMACY** on page 7

Inside...

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Cooking a stuffed turkey is riskier than cooking one not stuffed. Harmful bacteria can survive in stuffing that has not reached the safe temperature of 165 F, possibly resulting in foodborne illness.

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Customer Service Receives High Priority at Naval Hospital

Great customer service is synonymous with excellent health care at the Robert E. Bush Naval Hospital... as depicted in a recent crisis one of the hospital's customers experienced.

According to Lieutenant Commander Efrem Lawson, Assistant Department Head of the Population Health Department, his department learned that there was recently a Durable Medical Equipment (DME) issue with regards to a pediatric defibrillator to be delivered to the home of one of our patients. This issue was discovered during an unrelated visit by one of the Gentiva Account Executives to the Naval Hospital who happened to be here for an

Letters...

Great Services

Dear Captain Engelhart,

In late April I went to my primary doctor in Yucca Valley because I had a sore throat, swollen glands and felt weak. He did some blood work and told me to take it easy and rest up. The next day he called and informed me that I had kidney and liver inflammation and more than likely it was because of my other symptoms. He said to rest and if I didn't feel better in a week to come back for further treatment.

I waited for two days and my health was slowly deteriorating. I started vomiting, had diarrhea, couldn't eat and was really week. My wife, in her infinite wisdom, told me to call for an appointment at the base. I was given an appointment at Internal Medicine.

When I checked in I was immediately seen by a nurse and was told I would see Doctor Philip Miceli. He examined me and set me up for blood test at the lab, x-rays and prescribed some antibiotics. The service I received during every phase of testing and x-rays was outstanding. I was so impressed with the service I received that I had to make you aware of my opinion of my treatment by your staff. All of the hospital staff that I came in contact was very professional and courteous. I want to thank everyone in Internal Medicine, the Lab, Radiology and the Pharmacy, and in particular, Doctor Miceli.

Dr. Philip A. Miceli's examination was very thorough. He ordered lab test and x-rays and asked if I lived here locally and said he would call me when he received the lab and x-ray results. He called me that same day that afternoon. Dr. Miceli's profession and personal attitude is a credit to the medical profession and your command. His attitude and professionalism is to be commended. I say this with my association with the Navy and Marine Corps for 33 years.

Sincerely,

Thomas Bauer
MSgt (ret)

GS12 Safety and Occupational Health
Manager (ret)

Heartfelt Appreciation

Dear Captain Engelhart,

I would like to express my heartfelt appreciation for the outstanding manner in which your team of doctors, nurses and corpsmen cared for me while in the hospital... from the emergency room to the nurse's station.

Dr. Devine first diagnosed my symptoms as probable colon cancer, ordering a battery of tests including a CAT scan and blood work. On the evening of August twenty-first I was admitted to the emergency room where the duty doctor and nurses immediately stabilized my condition. Following another round of diagnostic tests, Dr. Peterson was consulted and my situation accessed. Within two days, Dr. Peterson performed an emergency colon operation.

Dr. Peterson and later Dr. Alvord supervised my postoperative care. It was the exemplary professional service provided by the nurses and corpsmen that greatly attributed to my recovery. They responded quickly to my every need, twenty-four hours per day. The personal appearance and uniforms of all were impeccable, increasing my confidence in their abilities. The senior nurse on night shift would have made a fine Marine Corps officer, as he was very adept at handling people.

I was taken to the emergency room a second time due to rapid pulse and a high fever. Again, treatment was immediate and after a CAT scan, EKG, X-rays, etc. I was released.

The high level of dedication and professional performance of these personnel is a credit to this hospital and to the naval service.

With Sincere Gratitude,
Dale Sanford

Editor's Note:

All letters published in "The Examiner" have the authors permission.

in-service training. Also at the same time, the TriWest management team happened to be visiting the hospital's Tricare Service Center. The Command became aware of the Simpson family issues after a brief meeting with Population Health, Naval Hospital Tricare Team, and TriWest. The Gentiva Account Executive made a call on her cell phone to the Gentiva Regional Manager to assist with resolving this problem. After a 30 minute cell call, all parties were notified that this issue was being handled at the highest level.

Lawson then made a call to the mother of the pediatric patient to reassure her that the issue was being given a high priority and that it was being resolved as they spoke. "I also notified her that I would be in constant contact with her family until this issue was resolved," said Lawson. The patient's mother was given Lawson's pager number as well as the Population Health Department Head Lt. Cmdr. Marjorie Alexander's pager numbers to reassure her that she could reach them at any time. "I assured her that the Naval Hospital, the Tricare Service Center, Population Health/UM and Gentiva/Care Centrex would resolve this issue to her satisfaction," said Lawson.

Later that afternoon Lawson received a call from Gentiva's Home Health Team that Medtronic was contacted and the unit and pediatric pads would be shipped over night to the patient's home. Lawson then contacted the patient's mother to notify her of the good news. He also told the mother that she could contact him on his cell phone at any time of day or night.

As promised a Life Pack CR was delivered to the patient's home the next day, however Lawson learned on a follow-up call that the life pack was delivered with adult pads rather than the required pediatric pads. Lawson then spent the entire day into the evening, (Saturday) working on trying to locate the appropriate pads for the life pack. He exhausted all local sources in trying to locate the pads, finally notifying the family that he was unsuccessful in his efforts on that day, however, he wasn't going to give up. With further calls to Gentiva, who was also working diligently on the issue, he was finally successful in getting the right equipment to the Patient's home.

Every clinic and most departments at the Robert E. Bush Naval Hospital have Customer Service Representatives such as Lt. Cmdr. Lawson who strive to provide excellent customer service as well as excellent health care services.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Here's to Your Health...

Combat Readiness and Tobacco do not Mix!

By Martha Hunt, MA, Health Promotion Coordinator
Robert E. Bush Naval Hospital

Tobacco use is the greatest deterrents to combat readiness and health! The most likely causes of early medical discharge from all branches of the military are tobacco use related such as cancer, heart disease, and lung disease. In fact, tobacco use is associated with excess training costs to the DoD of an additional \$130 million every year. Not to mention, each tobacco user costs the DoD over \$3,400 in lost wages due to tobacco breaks. Because of tobacco use in active duty military, the DoD spends almost one billion dollars every year due to premature death and disability costs. This amount does not include the amount spent on non-debilitating health costs such as increased colds or asthma, costs from lost work days, or health care for dependents, veterans or retirees.

When manpower and money is tied up in tobacco related health care, then it cannot be used for upgrading defense or maintaining equipment. That leads to poor combat readiness because there are fewer resources to draw from in time of need.

Seventy percent of all Marines and over half of all Navy personnel use some form of tobacco. On a base the size of ours, this translates to well over 6,000 active duty either smoking or dipping tobacco. The Air Force has determined that if all active duty in the Air Force stopped using tobacco, they could man an average sized base with the savings from health care costs and man-hours lost to smoking breaks.

Tobacco is one of the most addictive substances on earth and affects every part of your body. With regards to combat readiness, tobacco use affects how well your heart pumps and how well you breathe and get oxygen to your body. Tobacco use damages your lungs by cutting down on your air flow and limiting the amount of oxygen that is available to your muscles in times of stress. Basically, how fast do you think you can move when your leg muscles are not getting enough oxygen to fuel your run or hike?

Some of the other effects of tobacco that impede combat readiness include the fact that tobacco dehydrates you. If you are fighting in a desert environment, you will need even

more water to stay hydrated than a non-tobacco user. When you are dehydrated, especially when under the stress of combat, you are at even greater risk of overheating and injury.

Tobacco also puts you at increased risk of injury, prolonged healing and increased risk of infection. Tobacco leaches the calcium from your body and leads to increased bone bruising and fractures. Tobacco use also decreases your stamina so that when you are under stress of deployment, you become run down more easily than normally.

Tobacco use decreases your mental acuity and increases your stress. Yes, everyone thinks that tobacco helps with stress, but what it really does is give you a dose of the pleasurable chemicals in your brain so you feel happy for a few minutes. The long term effect of tobacco are decreased mental acuity and increased stress.

Finally, tobacco damages your night vision. Whether standing guard or driving at night, tobacco damages how well you see in the dark and puts you at increased risk of accident or missing important information you need to know.

There is more to tobacco than just nicotine and smoke (or spit if you are a dipper). There are over 4,000 different chemicals identified in tobacco including salt-peter, benzene, rum, and formaldehyde. Over 60 of these chemicals are known to cause cancer and so are addictive in their own right. Some of these chemicals are added during the process of the tobacco, while others are pesticides and fertilizers used in growing the tobacco. Ammonia and urea are added to tobacco to make the nicotine 'free base' and to increase its addictive powers.

Smokeless tobacco or dip is even more dangerous to combat readiness and your body than is tobacco in cigarettes or cigars. The reason for this is that dip is placed directly against the gum and left there, causing you to absorb 100 times more nicotine and other chemicals than when you smoke. The rush of nicotine in dip is stronger than in cigarettes or cigars, adding more stress to your heart and increasing your heart rate and blood pressure.

Don't let your addiction to tobacco affect your combat readiness. The next tobacco cessation class begins November 16, 2004 and you can join by calling Health Promotions 830-2814 to register. See you there!

If I Gain Only One Pound Per Party I Am in Big Trouble?

By Elaine T. Grossman, M.S., R.D., L.E.
Robert E. Bush Naval Hospital

It's holiday season again, and celebrating without sabotaging your diet and/or good health can be difficult.

Keep Your Perspective: Even the strongest of wills can succumb during the holidays. Don't berate yourself for a little indulgence or allow it to pave the way for a binge. If you do eat something that may not be the best for you, be sure it tastes the best. For goodness sakes, don't waste your calories on package/boxed stuff, save it for the real thing.

Exercise as much and as often as you can during the holidays. Even if it is the busiest time of the year, and making time for exercising difficult, just do something. It's almost a given that you are going to eat more than usual, so it only makes sense to exercise more, as well.

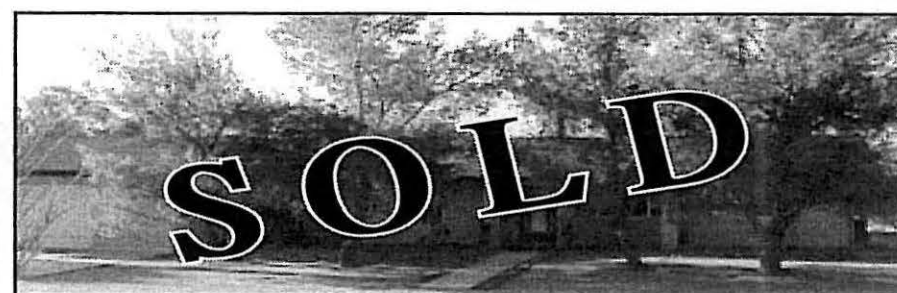
Last, but not least give some consideration to your long term plans. If you do want to be a healthier person, this might not be the best time of the year to start a drastic change in your eating habits. It takes a bit of time to get your taste buds used to different foods and you don't want to finish the holiday season feeling as though you missed 'all the good stuff.' You are setting yourself up for failure. Rather, just start to make some small changes. This is not an open invitation to binge, but rather you can work on gaining no more than three pounds over the holidays. If you are one of those driven people that needs to do something now, then make your goal not to gain any weight over the holidays. You will be ahead of 95 percent of the country. Above all, try to be realistic.

Control Party Eating

Before You Go: Eat something before the party. An old standby is apple slices and two (measured) tablespoons of peanut butter. This snack will keep you from being hungry for hours. Hot also helps you to feel more full and a cup of hot, low-fat soup will help you to feel full for a longer period of time... just in case dinner is served late.

Wear something you're comfortable in only when you "feel thin" and if has a belt, all the

Please see HOLIDAY DIET on page 6



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Super Stars and Hard Chargers...



The hospital's Champion Dodge Ball Team from left to right are, Lt. Romelhardt, Lt.j.g. Grant, Lt. Emberland, Lt.j.g. Del Carpio, Lt.j.g. Kobi and Lt.j.g. Hower.



"Over-the-Hill" runners from the command are from left to right, Lt.j.g. Stachowicz, HMCS Noli, HN Teodoro, Capt. Aldrich, XO, HM3 Key, Capt. Engelhart, CO, Lt. Henderson and HM3 Williamson.



HM3 Rodolfo Rosales receives a CG's Letter of appreciation.



HM1 Joseph Dennis receives his 3rd Good Conduct Medal.



Lt. Cmdr. Fredrik Schmitz receives a Navy and Marine Corps Commendation Medal.



HN Meta Mitchell receives her EMT Certification.



HM2 Michael DeFazio receives a Navy and Marine Corps Commendation Medal.



HN Genalyn Sok receives her first Good Conduct Medal.



HN Christopher Hancock receives his EMT Certification.



HM3 Thomas Alford receives his EMT Certification.



The Robert E. Bush Naval Hospital Champion Outhouse Race team has once again proven that it is unbeatable in the Annual Twentynine Palms Pioneer Days Celebration. Members of the team present during the awarding of the coveted toilet seat trophy are from left to right, SK2 James Herford, HN Katrina Arzadon, HM3 Daniel Guillen and Ensign Frederick Matheu.



HM3 Sergio Rodriguez receives his EMT Certification.



Lt. Marjorie Wytzka receives a Navy and Marine Corps Commendation Medal.



HN Emily Klietz receives her EMT Certification.



HN Timothy Ohira receives his EMT Certification.



HM3 Amber Newman receives a CG's Letter of Appreciation.

People of the Quarter Honored at Naval Hospital

The Officer, Civilians and Sailors of the Quarter for the period of July 1 through October 31, 2004 were recently selected and honored at a special ceremony

held at the hospital

Lieutenant Catherine O. Durham, Nurse Corps, a Family Nurse Practitioner was named as the Officer of the Quarter.

Her citation reads in part, "As Family Nurse Practitioner, your untiring effort during high provider staff turnover ensured seamless maintenance of primary care appointment access to beneficiaries. As the most frequently requested Primary Care Manager, you managed the largest Primary Care Manager Panel for 1,131 outpatient visits. Your outstanding staff and patient rapport set the highest standard for other clinical staff. Your initiative and leadership resulted in restructuring the Sexual Assault Nurse Examiner Program, resulting in the increased availability of legal specimen collections and examinations to victims of sexual assaults. As affiliate faculty for the Basic Life Support Program, you provided oversight for four classes which resulted in certification and recertification of 33 personnel."

Cindy K. Crockett, Systems Administrator for the Defense Medical



Logistics Standard Support System, was selected as the Senior Civilian of the Quarter.

Her citation reads in part, "Expertly serving as the

Systems Administrator for the Defense Medical Logistics Standard Support System (DMLSS), you capably performed your duties with zeal and extreme professionalism. Your exceptional management skills were directly responsible for the successful implementation of the DMLSS upgrade consisting of the delivery and set-up of 37 computer and radio technology systems. You expertly managed 105 customer accounts and provided in-depth training to 47 Supply Petty Officers on the nuances of the new DMLSS systems. An exceptional communicator, you served as a board member for Regions 9 & 10 Product

Standardization Committee. In this capacity, you were responsible for the implementation use of nine Regional Incentive Agreement contracts in excess of 400 Medical/Surgical products."

Petty Officer 2nd Class Dempsey L. Tomblin, Leading Petty Officer of the Radiology Department was named as the Senior Sailor of the Quarter.

His citation reads in part, "As Leading Petty Officer, Radiology Department, you provided leadership and guidance in support of six Radiology Technicians and two General Duty Corpsmen, which resulted in 2,534 total radiological exams being performed during this period. As Career Counselor, Ancillary Services Directorate, you mentored 43 enlisted staff members for five departments, to include the Pharmacy, Preventive Medicine, Laboratory, Physical Therapy, and Radiology. Your efforts resulted in five junior Corpsmen gaining acceptance to Navy "C" Schools. As the Digital Radiology Project Manager, you were responsible for coordinating the implementation of the Picture Archiving Communication System valued at \$1.9 million. You also motivated seven out of ten Radiology Technologists to enroll in accredited college degree programs, utilizing \$21,000 in Tuition Assistance. You were selected to participate in the command's contingency planning for President Gerald Ford's death/burial arrangements."



Petty Officer 3rd Class Daniel J. Guillen, Leading Petty Officer, Multi-Service Ward was named Junior Sailor of the Quarter.

His citation reads in part,

"While serving as Leading Petty Officer, Multi-Service Ward, you effectively supervised 15 Hospital Corpsmen in carrying out the mission of providing health-care services to over 100 beneficiaries monthly. You expertly managed the departmental OPTAR of \$40,000 and equipment inventory of more than \$600,000, saving the command \$12,000 quarterly and eliminating the need for additional funding requirements. By voluntarily assisting the Command Fitness Coordinator in monitoring the remedial

fitness program for over 30 hospital staff members, you helped improve the health and professional welfare of your shipmates and increased the success of Fitness Enhancement Program. A true patient advocate, you researched and purchased the items necessary to remodel the Multi-Service Ward, resulting in an environment that was aesthetically pleasing to patients and more conducive to healing. Your involvement in command fund-raisers and community activities promoted a positive image for subordinates and peers to emulate."

Culinary Specialist Seaman, Smark F. Lara has been selected as the Blue Jacket of the Quarter.

His citation reads in part, "It is with great pleasure that I commend you for your selection as 'Blue Jacket of the Quarter', Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, California, for the period of 1 July to 30 September 2004.

During this time, you consistently performed your duties with the highest degree of pride and professionalism. As Watch Captain, a position normally appointed to Petty Officers, you consistently led ten junior Culinary Specialists in maintaining the highest standards of sanitation and safe operation of galley equipment, which resulted in zero discrepancies during monthly inspections



and zero safety mishaps for three consecutive months.

Additionally, you trained and managed two Culinary Specialists in the art of baking, resulting in a cohesive work force producing 400 top quality products each month for galley customers."

Amity Q. Love, Pharmacy Supply Technician has been named Junior Civilian of the Quarter.

Her citation reads in part, "While assigned as Pharmacy Supply Technician, you consistently performed your demanding duties in an exemplary manner. An ever vigilant steward of the Pharmacy's budget, you procured the most economical products available and monitored pharmaceutical prices for discrepancies and potential credit. Through these efforts you were able to rectify over \$21,000 in over-charges. You took the initiative to convert the normally tedious and lengthy manual medication ordering process into a more efficient bar-code assisted process, saving numerous man-hours in the daily ordering process. Your impeccable customer service and versatility benefited ten Regimental and Battalion Aid Stations, the Veterinary Clinic, and Combined Armed Exercise Units aboard the base, who you supported in the ordering of pharmaceutical supplies for daily requirements and unit deployment for Operation Enduring Freedom."



Learn to Become Tobacco Free!

The Naval Hospital Health Promotions Program offers tobacco cessation classes. Classes are offered at two convenient times of noon and 5:30 p.m.

To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start Nov. 16. Call now before it all goes up in smoke!

Amalia A. Geller, M.D.

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HOLIDAY DIET...

Continued from page 3

etter. There is nothing that will drive the message home faster than if you need to loosen that belt before the end of the evening.

Tempting Tidbits: Steer clear of fat-laden munchies, such as nuts or chips and cream cheese or sour cream-based dips. Opt for pretzels or plain crackers. And... if you must have cheese on the cracker, at least put it on every other cracker.

Avoid deep-fried or cheesy appetizers. They are sure to be loaded with enough fat and calories to count as a main meal. Here is where you will be happy you had that soup or light popcorn before you left the house. It is much easier to stay away from unhealthy choices if you are not starving. If you are really lucky, you might go to a social event which has shrimp, crab, and veggies... enjoy.

The Buffet Line: Position yourself last in the line at the party buffets. You will be less likely to go back to the table for seconds.

Start at one end of the table and make a mental note of what is there. Save your calories for new, interesting foods.

Take one tablespoon of each dish you have decided to try. You cannot imagine how quickly your plate is covered. This way, you will get a variety of foods, but you won't overdo it on any one item.

Then, get as far away from the table as possible after you've served yourself. It is too easy to start sampling again if the food is within easy reach. Besides, if you only went to the party for the food, maybe you should just forget the party.

Sit Down Dinners: Eat slowly. It takes approximately 22 to 25 minutes from the time

you are hungry and you start to eat until the message gets to your brain to tell it to knock it off with the hunger pains... food is coming. You can inhale a great deal of food in 22 minutes, but there is no way you can inhale a salad, so be sure and eat the salad and ask for a vinegar and oil type dressing because a little goes a long way.

Try to sit next to someone whose company you enjoy. You can talk more and eat less.

Restaurant Dining: Here you can be in charge of your food and not what someone is serving you, so it is much easier... sometimes. Soup and salad are great for appetizers to help curb your appetite. Many studies show that people who consume soup generally consume up to 200 calories less per day than their counterparts. But, you need to order broth based soup. Stay away from high-fat creamed soups, even if they have vegetables, such as cream of broccoli or asparagus. The tip here is the word "cream" because it lets you know that it will be a high fat soup.

If you absolutely cannot stand oil and vinegar dressing, then request the dressing on the side. Dip your fork into the dressing, then into the salad, and you will get a little bit of dressing with every bite, but far less than if you had poured it on the salad.

Skip the creamy sauces and gravies, or ask for them on the side. They defeat the low-calorie aspect of a broiled entree. Also, I have always wondered why, if the meat, fish or poultry is so good, why do they need to cover it up with stuff.

When the Meal is at Your House: Cut back on calories and fat every chance you get, but never sacrifice good taste. Take advantage of such products as light cream cheese, reduced-calorie mayonnaise, low-fat sour cream, and low-fat cheeses. I am not saying no-fat; I am saying low fat. Most of the items will offer a significant calorie savings in addition to a saving of fat grams in your healthy food plan. And be sure to include a low-calorie choice in your menu, such as tossed salad or a fruit platter.

Preventive Medicine Corner...

Turkey Basics: Food Thermometer Essential

Cooking a stuffed turkey is riskier than cooking one not stuffed. Harmful bacteria can survive in stuffing that has not reached the safe temperature of 165 F, possibly resulting in foodborne illness. Therefore, it is essential that you always use a food thermometer to check the temperature of the stuffing.

For safety and uniform cooking, it is strongly recommended that stuffing be cooked separately.

Preparing Stuffing Safely

The ingredients for the stuffing can be prepared ahead of time. Keep wet and dry ingredients separated; chill. Mix wet and dry ingredients just before putting stuffing into a casserole or filling the turkey cavity. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment.

Cooking Stuffing Safely

The safest way to cook stuffing is in a casserole in a 325 F oven. The internal temperature of the stuffing must reach 165 F.

Stuffing Your Turkey

If you choose to stuff your turkey, make sure it is stuffed loosely. Cook the turkey immediately after stuffing. Use a food thermometer to check the temperature in the innermost part of the thigh and in the center of the stuffing. Even if the innermost part of the thigh has reached a safe internal temperature of 180 F, the center of the stuffing inside the turkey may not have reached 165 F and can cause foodborne illness. Continue to cook the stuffed turkey until the stuffing has reached 165 F.

Standing Time

For quality, you may choose to let the turkey stand for 20 minutes to let juices set. If your turkey is stuffed, the temperature of the stuffing will also continue to rise during this time. Remove all the stuffing from the turkey immediately after standing time.

Handling Leftovers Safely

Refrigerate stuffing in shallow containers. Use leftover stuffing within 1 to 2 days for best quality.

"The Big Thaw"

Turkeys must be kept at a safe temperature during thawing. While frozen, a turkey is safe indefinitely. However, if the turkey is allowed to thaw at a temperature above 40 F, any harmful bacteria that may have been present before freezing can begin to grow again unless proper thawing methods are used.

A package of frozen meat or poultry thawing on the counter longer than 2 hours is not safe. Even though the center of the package may still be frozen, the outer layer of the food is in the "danger zone," between 40 and 140 F a temperature range where harmful bacteria multiply rapidly.

There are safe ways to thaw food: in the refrigerator, and in the microwave oven.

Thawing Frozen Turkeys

Immediately after grocery store checkout, take the frozen turkey home and store it in the freezer until ready to use. Frozen turkeys should not be thawed on the back porch, in the car trunk, in the basement or on the kitchen counter.

It is safe to cook an unstuffed frozen turkey. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey.

Refrigerator Thawing

When thawing a turkey in the refrigerator, plan ahead. For every 5 pounds of turkey, allow approximately 24 hours of thawing time in a refrigerator set at 40 F.

Refrigerator Thawing Times

(Whole turkey)

8 to 12 pounds

1 to 2 days

12 to 16 pounds

2 to 3 days

16 to 20 pounds

3 to 4 days

20 to 24 pounds

4 to 5 days

Foods thawed in the refrigerator can be safely refrozen without cooking, though there may be some loss of quality.

Microwave Thawing

Follow the manufacturer's instructions when thawing a turkey in the microwave oven. Plan to cook it immediately after thawing because some areas of the turkey may become warm and begin to cook during microwave thawing.

Turkey Basics: Safe Cooking

Set the oven temperature no lower than 325 F. Preheating the oven is not necessary.

Place turkey on a rack in a roasting pan.

For safety and uniform cooking of the turkey, cook stuffing separately in a casserole. Use a food thermometer to check that the internal temperature of the stuffing has reached 165 F.

If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of a whole turkey must reach 180 F in the innermost part of the thigh and the center of the stuffing must reach 165 F. If the stuffing has not reached 165 F, continue cooking the turkey until the stuffing reaches 165 F.

If the turkey has a "pop-up" temperature indicator, it is also recommended that a food thermometer be used to test in several places, including the innermost part of the thigh and the center of the stuffing.

When cooking only a turkey breast, the internal temperature should reach 170 F.

Many factors can affect the roasting time of a whole turkey:

- * A frozen or partially frozen turkey takes longer to cook than a completely thawed turkey.

- * A turkey will cook faster in a dark roasting pan.

- * The depth and size of the pan can affect heat circulation to all areas of the turkey.

- * The use of a foil tent for the entire cooking time can slow cooking.

- * Putting a lid on the roasting pan speeds up cooking.

- * An oven cooking bag will shorten cooking time.

- * A stuffed turkey will take longer to cook than an unstuffed turkey.

- * Ovens may heat unevenly.

- * The oven rack position can have an effect on even cooking and heat circulation.

MILES OF MEMORIES...

Continued from page 1

main concern was that none of us forget these men and women. Too often they become statistics of war and we forget that they were parents, brothers, sisters, and friends. The impact of their loss will be felt forever, and their memories deserve to be maintained by those of us who sleep safely at night knowing they are protecting us."

During his own 21-year career, Erickson served 7 years as a nuclear submarine officer before going to medical school, but even his days underwater were no match for the adversity faced by today's deployed Marines and Sailors. So now, he will run one marathon per month for the next 12 months, a total of 315 miles, always mindful of the fact that while the races will be long and painful, they will pale in comparison to the months of isolation and danger faced by our forces in Iraq and elsewhere. "Being exposed to the deploying Marines and Sailors and their families has truly opened my eyes to the stress of the military life. Each of us should take a few moments each day to say thanks and express our gratitude for what these young people are doing for our country; especially as many of those returning home today will likely go back in the months to come. But when you actually meet the surviving family members of those who have died for their country, you are forced to really look at the blessings of your own life and not take them for granted."

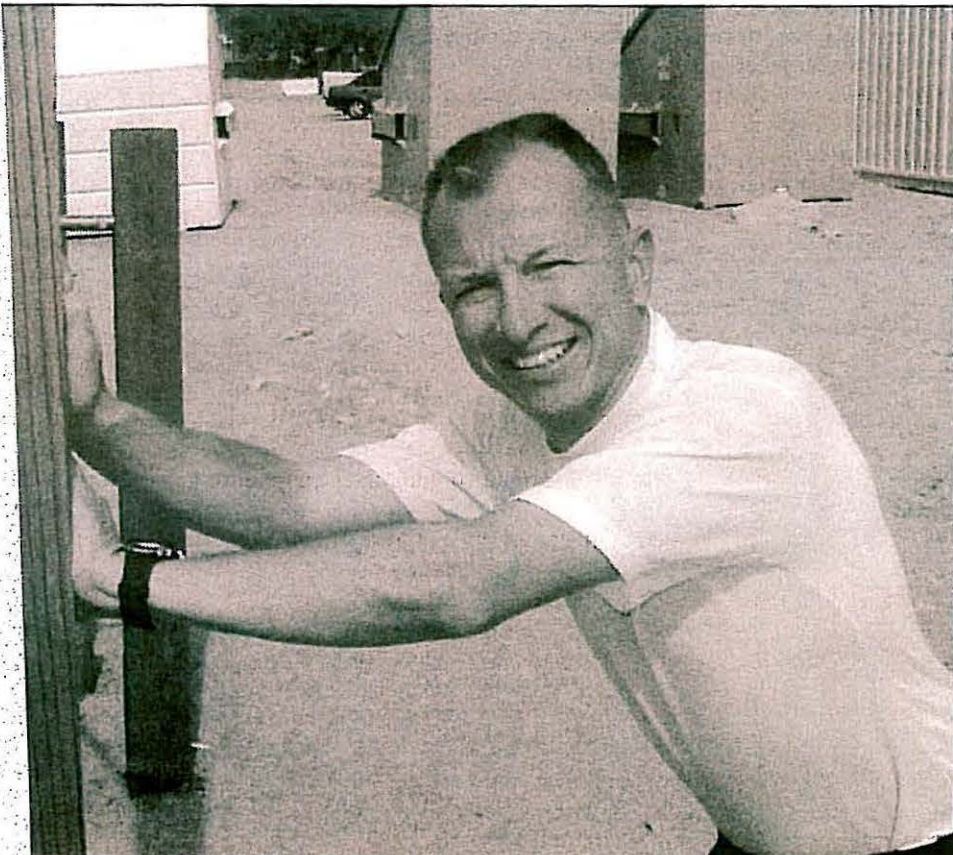
In addition to raising awareness, Erickson will attempt to raise funds for the organizations already established to support surviving family members. He hopes to design t-shirts and wristbands that can be worn by both runners and others with profits being directed to the Tragedy Assistance Program for Survivors (TAPS), Operation Family Fund, American Legion Legacy Scholarship, and the Gold Star Wives to name a few.

His website, www.milesofmemories.org, is under construction and he hopes to utilize it to link people with these already established support groups along with additional links for those in need.

"Unfortunately, with Navy medicine being a fulltime job and not being a computer whiz, the website has taken longer than I had hoped and I am still looking for someone with web design skills to assist me with it. Since this is pretty much a solo effort so far, there is no organization to take care of the administrative side of things."

Anyone going to the website will get a brief description of the Miles of Memories campaign and the internet address of the Operation Iraqi Freedom site the Marine Corps has set up to assist families of Marine casualties. There you can find further links to all of the fundraising groups listed above along with many others.

"My hope would be for everyone who can afford it to donate \$1 per mile, or \$315 for the twelve marathons, to one or several organizations. And that none of us would ever forget these fallen heroes."



Dr. Jay Erickson, Co-director of Clinical Services, and a Family Practice Physician ms up and stretches before setting off on another lunch-time run.

PHARMACY...

Continued from page 1

able experience," she said.

Hall's leadership philosophy is, "First and foremost, take care of your staff." She went on to add, "I believe that if you take care of them... provide them with the tools they need, the manpower to do the job, and the support to carry out the mission... then everything else just naturally falls into place. If I take care of them well, then they take care of the patients well." She also stated, "Listen to and tap into the potential of your staff; just because you are an officer or in a position of leadership does not mean that your always have the best answers."

Romelhhardt calls St. Joseph Michigan home. He graduated from St. Joseph High School in 1995, where he participated in Football, Track, Marching Band, Symphony Band, Jazz Band, Symphony Orchestra, Outdoors Club and Classics Club. He was also inducted in the National Honors Society, graduating in the top 10 in his class. He was also presented with the Senior Physics Award.

After high school Romelhhardt attended the University of Michigan College of Literature, Science and Arts and the University of Michigan College of Pharmacy where he was awarded a Doctor of Pharmacy in 2003. While in college he participated in the Marching Band, Hockey Pep Band, Kappa Kappa Psi, Phi Delta Chi. His college honors included: Graduated with Distinction, Plough Scholarship, Dean Richards Scholarship and he Marched in the Rose Bowl.

Romelhhardt entered the Navy in 2001 but didn't receive his commission until 2003 following his graduation.

Romelhhardt's leadership philosophy is, "I think the Pharmacy requires a hands-on approach in that you're always teaching. There is so much to know when it comes to drugs and being able to communicate that knowledge to patients, Corpsmen and Providers is critical." He added, "You also have to be pretty flexible in your methods and actions because it's never the same day twice."

Romelhhardt recommends the Robert E. Bush Naval Hospital to patients, "With the combination of services offered and an experienced, knowledgeable staff it's hard not to pick the Naval Hospital for your Primary Care Manager," he said.

Future plans for both Romelhhardt and Hall are still undecided... hopefully they will pick Navy.

Pharmacy Facts:

* In the last quarter century, pharmacy has expanded its role within the health care delivery system from a profession focusing on preparation and dispensing of medications to patients to one in which pharmacists provide a range of patient-oriented services to maximize the medicine's effectiveness.

* Pharmacy is practiced in a wide range of settings: community pharmacies, hospitals, long term care facilities, the pharmaceutical industry, mail service, managed care, and government (Department of Defense, Department of Veterans Affairs, Indian Health Service, and Public Health Service). A survey identified 112,000 pharmacists in community pharmacy (66,000 in chains; 46,000 in independents), 40,000 in hospitals, and 21,000 in consulting, government, academic, industry and other settings.

* Historically, educational requirements for pharmacists included the choice of two entry-level degrees: a five-year Bachelor of Science in pharmacy (BS Pharmacy) or a six-year Doctor of Pharmacy (PharmD). However, as of the year 2000, most schools of pharmacy began offering only the PharmD degree. This extensive training makes the pharmacist the most knowledgeable healthcare professional when it comes to medicines and their use.

* Medicines today have great power to heal and to improve the quality of life for millions of Americans. But medicines also may do serious harm if not taken correctly. This is where the role of the pharmacist is most important. You should choose your pharmacist as carefully as you choose a physician. It is best to use only one pharmacy so all medication records are at one location. This way there will be less risk of duplicating medicine or having one prescription interact harmfully with another.

* Pharmacists who know their patients and have their medication profiles on file will be aware of possible harmful drug interactions or allergies to certain drugs. The pharmacist also will be able to discuss possible side effects; what foods, drinks, or activities that should be avoided while on a medication; what to do if you miss a dose; and a wide range of other helpful information.

* The pharmacist is a key health care professional in helping people achieve the best results from their medications. Americans should choose a pharmacist they trust and build a partnership for good health.

Life's Lesson...

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

-- Will Rogers

Medical Minute...

Cholesterol: What You Can Do to Lower Your Level

Lt. Catherine Durham, MSN, FNP
Robert E. Bush Naval Hospital

What is cholesterol?

Most of the cholesterol in your body is made by your liver from saturated fat in your diet. Some cholesterol also comes from foods such as eggs, meats and dairy products.

Why is a high cholesterol level unhealthy?

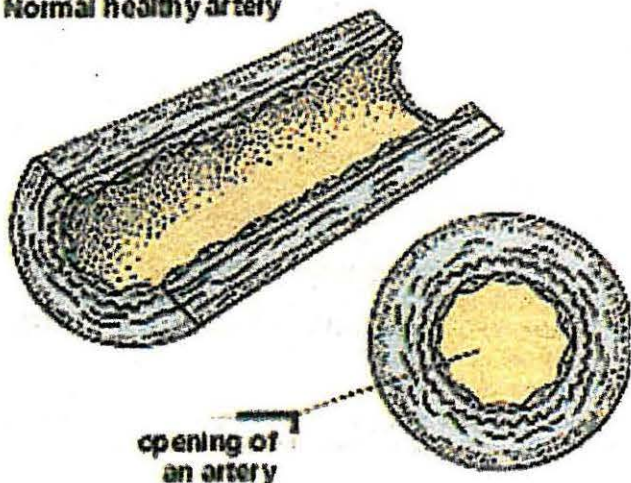
While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (blood vessels) and cause them to narrow. (This is called atherosclerosis.) Large deposits of cholesterol can completely block an artery, so the blood can't flow through.

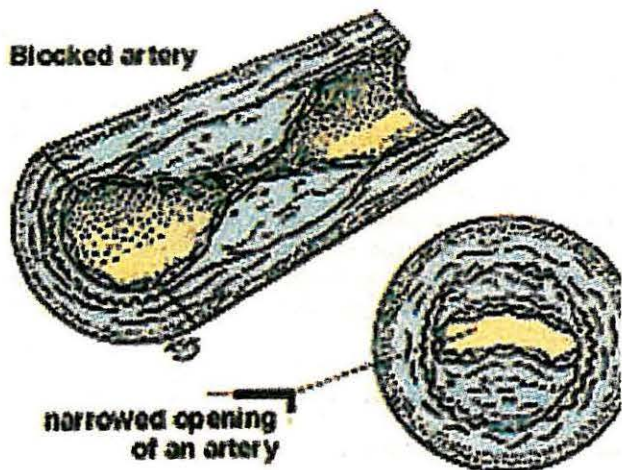
If an artery that supplies blood to your heart becomes blocked, a heart attack can occur. If an artery that supplies blood to your brain becomes blocked, a stroke can occur.

Normal artery versus blocked artery

Normal healthy artery



Blocked artery



When should I start having my cholesterol level checked?

Men aged 35 and older and women aged 45 and older should have their cholesterol checked periodically. Depending on what your cholesterol level is and what other risk factors for heart disease you have (see the box below), you may need to have it checked more often.

Risk factors for heart disease

- * Having already had a heart attack
- * Being a man 45 years of age or older
- * Having a father or brother who had heart disease before he was 55
- * Being a woman who is going through menopause or has completed menopause
- * Having a mother or sister who had heart disease before she was 65
- * Smoking cigarettes
- * Having high blood pressure or diabetes
- * Being very overweight
- * Being inactive

Are there different types of cholesterol?

Cholesterol travels through the blood in different types of packages, called lipoproteins.

Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream.

This is why too much LDL cholesterol is bad for the body, while the HDL form is good. It's the balance between the types of cholesterol that tells you what your cholesterol level means (see the box below).

For example, if your total cholesterol level is high because of a high LDL level, you may be at higher risk of heart disease or stroke. If your total level is high only because of a high HDL level, you're probably not at higher risk.

Total cholesterol level

- * Less than 200 is best.
- * Between 200 to 239 is borderline high.
- * 240 or more means you're at increased risk for heart disease.

LDL cholesterol levels

- * Less than 130 is best.
- * Between 130 to 159 is borderline high.
- * 160 or more means you're at higher risk for heart disease.

HDL cholesterol levels

- * Less than 40 means you're at higher risk for heart disease.
- * 60 or higher reduces your risk of heart disease.

What can I do to improve my cholesterol level?

You can do a number of things to improve your cholesterol level. Eating healthy food can help lower your LDL cholesterol level. You can lower your risk by quitting smoking if you smoke, losing weight if you're overweight and exercising.

What sort of foods are healthy choices?

Lowering your cholesterol level by eating healthy foods is easier than you might think. You don't have to give up your favorite foods. Just eat them less often. Also try sometimes substituting healthier choices.

Tips for eating smart

- * Limit saturated fats, like dairy fats (in cream and butter) and palm and coconut oil (in baked goods).
- * Limit high-cholesterol foods, like egg yolks, organ meats (such as liver) and shellfish.
- * Eat more fruits and vegetables.
- * Eat more broiled or grilled fish and skinless chicken breasts.
- * Choose lean cuts when you eat beef, pork and lamb. Also eat smaller portions.
- * Eat a variety of fiber-rich foods, like oats, dark breads and apples.
- * Choose low-fat or nonfat dairy products.
- * Avoid fried foods.

What about medicine to lower cholesterol?

Depending on your risk factors, if healthy eating and exercise don't work after about 6 months to 1 year, your doctor may suggest medicine to lower your cholesterol level.

Several types of medicines are used to lower high cholesterol levels: bile acid absorbers (such as Questran, etc.), lipoprotein synthesis inhibitors (such as Nicobid, etc.), coenzyme A reductase inhibitors (such as Mevacor, etc.) and fibric acid derivatives (such as Lopid, etc.). Your doctor will decide which type of medicine is right for you.

Preparing for a New Baby

Robert E. Bush Naval Hospital will be offering a Sibling Preparation Class on Saturday, Nov. 6, from 10 a.m. to noon. This class is designed to help children of expectant families prepare for the role of big brother or big sister. Geared toward children ages 3 years and up, pre-registration is requested and can be done by calling Outpatient Services at 830-2752. The class is located in the Naval Hospital.

For more information, please call Lt. Cmdr. Marjorie Alexander at 830-2171 or Lt. Cmdr. Nicole Polinsky at 830-2421.